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world mental health day observed every year on october 10th is a global opportunity to raise awareness improve understanding and encourage action on mental health issues around the world

who do you think is responsible for the care of your health you yourself your parents or your doctor and medical people who is the healthiest person in your family who is the least healthy why do

1 jan 2025 international public health days offer great potential to raise awareness and understanding about health issues and mobilize support for action from the local community to the international stage

world mental health day is observed on 10 october every year with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental

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